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Subject: Mihaly Csikszentmihalyi on Flow: The Psychology Of Optimal Experience

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Free Resource - August 29th, 2012

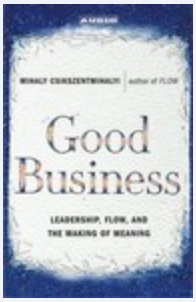
Free Resource of the Day

Mihaly Csikszentmihalyi on Flow

Check out this TED talk from psychology professor Mihaly Csikszentmihalyi who authored the book *Flow: The Psychology of Optimal Experience*. Csikszentmihalyi talks about how he became interested in psychology after World War II when he heard a lecture by Carl Jung. Csikszentmihalyi eventually began his psychological study of how average people become extraordinary which he attributes to the idea of "flow" when one become completely involved in an activity for its own sake. Csikszentmihalyi provides many examples of individuals who have tapped into this "flow" state. This talk is available on streaming video and MP3 download from the TED.com website.

Mihaly Csikszentmihalyi on Flow

Coupon of the Day



Good Business: Leadership, Flow and the Making of Meaning

Get *Good Business* by Mihaly Csikszentmihalyi on audio download for only $9.95. Enter in the coupon code: **mihaly**. On the bottom of the payment page of checkout below where you enter your credit card information click "Apply a LearnOutLoud.com Gift Certificate or Coupon" and enter in this coupon code. Note: this coupon only works with credit cards and not PayPal. This coupon is valid for this title through next week until Wednesday, September 5th.

Since Mihaly Csikszentmihalyi published his groundbreaking book Flow more than a decade ago, world leaders such as Prime Minister Tony Blair and former U.S. President Bill Clinton, and influential sports figures like Super Bowl champion coach Jimmy Johnson have all been inspired by the book. In today's corporate upheaval, a new business paradigm is evolving. While many CEOs are being exposed for their greed, truly visionary leaders believe in a goal that benefits themselves as well as others. They realize that it is their vision and "soul" that attract loyal employees willing to go above and beyond the call of corporate duty. And their employees are realizing the same thing. While 80 percent of adults claim they'd work even if they didn't have to, the majority of them can hardly wait to leave their jobs and get home.

Good Business starts with the premise that this is an age in which business and work have replaced religion and politics as central forces in contemporary life. This audiobook reveals how business leaders, managers, and employees can find their "flow" and contribute not only to their own happiness, but also to a just and evolving

society. It identifies the factors crucial to the operation of a good business: trust, the commitment to fostering the personal growth of employees, and the dedication to creating a product that helps mankind. Good Business is a must-listen for anyone who values the positive contributions of individuals in the changing world of business.

Available on MP3 Audio Download.

Listen to a free sample of: Good Business.

15 Best Psychology TED Talks

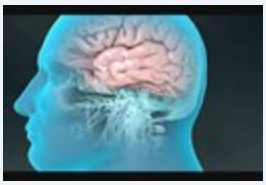
Featured Section

15 Best Psychology TED Talks on Happiness, Motivation, & More

Today we present our picks for the 15 best TED talks covering the topics of psychology and neuroscience. With talks on positive psychology, autism, behavioral economics, electroshock therapy, and more you'll hear some very interesting insights from thinkers on the cutting edge of ideas about the mind and brain.

15 Best Psychology TED Talks on Happiness, Motivation, & More

Charlie Rose Brain Series



Charlie Rose Brain Series

One of the best free resources for learning about the brain on the internet is the Charlie Rose Brain Series available on streaming video through CharlieRose.com. For the past two years Charlie has been sitting down with Nobel Prize-winning psychiatrist and neuroscientist Dr. Eric Kandel as they have explored pioneering discoveries of neuroscience. In each episode Charlie and Dr. Kandel sit down with a roundtable of leading brain scientists and researchers to explore an aspect of neuroscience.

In the first year of the series they examine the major functions of the brain with special episodes on the emotional brain, the developing brain, the aging brain, the mentally ill brain, and other major areas of study in neuroscience. The 12-episode series works as an introductory course to learning about our brain complete with the latest discoveries and new areas of neuroscience research. In the second year of the series, Charlie and Dr. Kandel are examining neurological, psychiatric, and addictive brain disorders, as they sit down with experts and discuss disorders such as depression, schizophrenia, autism, Alzheimer's Disease, Parkinson's disease, and other major brain disorders. Learn about your brain and the exciting field of neuroscience with this outstanding series of Charlie Rose special episodes. We've given in-depth descriptions of the first twelve episodes with links to all the episodes right here:

Charlie Rose Brain Series

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